

Advance Directives: *Honoring your wishes for healthcare*

There may come a time when you are not able to communicate your health care wishes and values. This is why it's important to write them down and share them with those closest to you and your physicians. An advance directive is a document that helps ensure that your decisions will be honored.

Hospitals, home health services, and hospice organizations are required to offer their patients a chance to complete an advance directive. Intermountain Healthcare supports this practice and honors advance directives. In fact, Intermountain encourages all adults age 18 and older to have an advance directive, regardless of their health.

What does an advance directive form say?

There are several different advance directive forms. Each varies in what it covers and the level of detail. Intermountain staff can help you figure out which form is best for you and your current stage of life.

Depending on the form you use, an advance directive allows you to do one or both of the following:

- **Name the person you want to make healthcare decisions for you** if you can't speak for yourself (called the healthcare agent).
- **Choose the kind of care and treatment you want provided or withheld in certain situations.** If you can't make or communicate decisions for yourself because of an illness or injury, the directive can guide your medical care and help make sure your wishes are honored.

Why would I want to complete an advance directive now?

Completing an advance directive is a way of preparing for the unexpected—like buying insurance or having a fire drill.

What do I need to do next?

- 1 Ask your healthcare provider for a copy of Intermountain's Advance Care Planning booklet and advance directive forms.
- 2 Talk with your family about who might speak for you if you can't speak for yourself and the type of care you want.
- 3 Complete your advance directives and send them to Intermountain to store in your personal electronic health record.

None of us knows the future, but having an advance directive can help you and your loved ones face the future with more confidence and clarity.

Intermountain offers **all** adult patients a chance to complete an advance directive. This offer does not depend on your current health, and does not mean that your doctors expect your health to worsen.

If you choose to complete an advance directive, Intermountain will store a copy in your electronic medical record. If needed, it can be used at some point in the future. You can record your wishes for any level of care, not just wishes to withhold care. In any case, your directive will only be used if you can't speak for yourself.

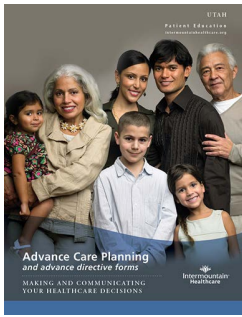
You can change your mind about your healthcare agent or preferences at any time. If your wishes change, simply complete a new form and give it to Intermountain. Only the most recent directive will be used.

How can I learn more?

Ask your nurse or doctor for more information about advance directives. They can answer your questions and provide additional materials. If you like, they can help you complete (or update) an advance directive form.

You can also use these Intermountain resources to learn more about advance directives:

- Visit this website:
intermountainhealthcare.org/advanceplanning
- Call this number toll-free at any time:
1-800-442-4845



Intermountain's ***Advance Care Planning*** booklet provides more information and a blank advance directive form. Access at: intermountainhealthcare.org/advanceplanning

What if I already have an advance directive?

If you already have an advance directive but haven't shared it with the hospital or your doctor, you can mail or fax a copy to Intermountain. (If you want to replace a form that's already stored in your Intermountain record, you can use the same contacts below to provide your new directive.)

Mail to:

Advance Directive
PO Box #70539
Salt Lake City, UT 84170

FAX to: **801-442-0484**, Attn.: **Advance Directive**

Please be sure your full name and date of birth are printed legibly on the form.

"I completed an advance directive because..."

I want to choose the person who will make decisions for me.



If something ever happens to me, this document can help guide my family during a difficult time—let them know the kind of care I'd want.



I feel better knowing that the medical care I'll get matches my values and beliefs.



I want to have a say—even about choices I may never face.



I see it as part of being responsible for myself and my family.



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